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General safety guidelines

- Are you a competent swimmer?
- Do you hold third party insurance?
- Have you had proper lessons from a BKSA / IKO instructor?

YES – carry on kitesurfing
 No – never attempt to kitesurf
 If in doubt, don't go out.



Always:

- wear a helmet, buoyancy aid and quick release harness system.
- check your equipment thoroughly and regularly. Repair any damage.
- carry a flare or some means of attracting attention.
- carry a knife that can cut your flying line.
- check the local weather conditions before riding and ensure you can handle the conditions.
- ensure you fully understand the tidal currents and how they might affect the riding area.
- use an effective kite leash and safety system.
- act in a responsible manner.

Never:

- tether yourself to a kite with a closed system - only use a quick release harness system.
- sail in offshore winds.
- ride so far away from the shore that you cannot swim back in an emergency.

Rules of the road

Always:

- give way to other water users near the seafront.
- retreat to a safe zone outside a navigation channel when other craft approach.
- maintain a 50m downwind safety zone between yourself and other craft. If you come close to other water users, stabilise your kite at 12 o'clock.
- give way to other riders who are launching when you return to the beach.



Never:

- risk the safety of others.
- kitesurf in or near bathing areas, swimmers, boats, other craft, buoys and boat moorings.
- kitesurf within 50m upwind of any moored vessel.
- practice jumping on land or close to the beach.

Setting up, launching and landing

Always:

- select a safe launch site.
- allow enough space to launch.
- take care when the beach is busy – it may be too busy to launch.
- ensure the kite is properly inflated – an under-inflated kite is difficult to control and harder to re-launch from the water.
- secure your kite on the beach – prevent kites from re-launching from the beach by weighing them down with sand or other ballast.
- wrap up the lines of the kite when the kite is not being used.
- maintain a downwind safety zone especially before jumping.
- look before you jump.
- look out for riders returning to shore.
- be ready to help land any kites.



Do not:

- lay lines across the path of other beach users.
- leave your equipment unattended on the beach.
- launch or land in crowded areas.
- ask an inexperienced member of the public to assist with launching or landing.



The self-rescue pack down technique



1 Know your system.

Release the power by activating the quick release harness system. The kite will fall into the water and the bar will ride up the lines.



2 Retrieve your bar by going hand over hand up the line. Tidy up your lines by wrapping them around the bar in a figure of eight.



3 Gather up all of your 'leader lines'. Wrap those around the bar in a figure of eight, all the time getting closer to your kite. Lock off the lines over your bar.



4 Raise the corner of the kite out of the water and dig your shoulder in, to allow the wind to roll the kite downwind. The kite should now sit in a horseshoe, and be visible to the shore. You can sit in it until rescue comes.



5 Only when rescue arrives, deflate the leading edge of the kite. Place the bar and any loose lines inside the kite. Keeping the leash outside, roll kite to the centre.



6 Roll the far wing tip inside itself to the centre and use your leash to wrap the whole package together.

For a more detailed description see our **FREE DVD** or go on an approved BKSA / IKO course.



IF YOU SEE SOMEONE IN DIFFICULTY TELL A LIFEGUARD OR CALL 999 / 112 AND ASK FOR THE COASTGUARD